



Countryside Montessori School

January 2019 Newsletter



Happy New Year! I hope you had a wonderful holiday season and that you were able to enjoy some family time! I especially enjoyed having Morgan home from Springfield and spending time as a family. Now, she is back at school and I am looking forward to her visits. I am sad to report that she will not be with us this summer as our lifeguard, she must stay in Springfield to attend classes. However, I think we get her back in December 2019 for good!

Thank you to all who donated toys for the toy drive! It is always nice to give to others in need during the holiday season! We delivered the toys to the Crisis Nursery and they were very grateful.

Fall and Summer enrollment information will be sent home this week. If you plan to enroll your child for summer or next fall, please do so as soon as possible. Open enrollment, for new families, begins February 1st. Currently every classroom at Countryside is full for the current school and we already have applications waiting for spots for summer and next fall. If you do not send in your re-enrollment paperwork and deposit, we cannot guarantee placement on our rosters.

If your child is enrolled in our extended day program and will attend Countryside without a lapse in care you still need to fill out the registration forms for both summer and fall. Your tuition will remain the same for June and July; new rates go into effect August 1st. However, it is extremely important to fill out the forms so that your child is placed on the roster.

Cold and Flu season are definitely upon us! Please be considerate and keep your child home during the first couple days of a cold, even if they do not have a fever. If they are not feeling 100% and cannot fully participate in activities and meal time they should not be at school.

We have our next field trip scheduled on Wednesday, February 27th. We will not hold classes on this day. On the field trip day, Countryside will only be open to the children enrolled in our extended day program (7 a.m.-5:30 p.m.). More information regarding this event will be sent home soon. Children that are enrolled in the Extended Day program, who will return to school after the field trip, need to be at school no later than 1 p.m. in order to not disturb rest time.

Just a reminder, If Countryside will close due to inclement weather a message will be sent via Precioustatus and you may also find this information on Channels 4 and 5.

Again, no update on the asphalt. However, the Preschool/Kdg classroom is in the process of receiving new LED lights, the MDO playground will soon have artificial playground grass instead of the rubber mulch, the Toddler Room cabinets were restored and the Preschool/Kdg bathroom sink and mirror were replaced.

Upcoming Events:

January 21	MARTIN LUTHER KING DAY	NO SCHOOL
February 5	TODDLER CLASS FATHER'S NIGHT	5:00-6:00 P.M.
12	PRE-K CLASS FATHER'S NIGHT	5:00-6:00 P.M.
18	PRESIDENT'S DAY	NO SCHOOL
20	MDO FATHER'S NIGHT	4:45-5:15 P.M.
20	PICTURE DAY (Feb 21 st make up day 9:30 a.m.)	
27	FIELD TRIP – Myseum at 10 a.m.	NO SCHOOL*

Infant Room

Classroom Phone: 314-873-2262



Welcome to the New Year! As we bring in the year 2019 we will continue to work with each child's milestones. We encourage our babies who are 9 months and up to start practicing with table food (please see the attached article).

We will be working on more winter projects for this month as well as doing some sensory activities. This month we will sadly say goodbye to Janie Mae as she goes next door to MDO. We will miss her dearly! We welcome Quinlan and Isabel to our class. Please let us know if you have any questions or concerns. We will be happy to help the best we can!

Clare loves to lay under the activity gym and watch her friends while in the swing.

Kate is rolling over and enjoys watching her friends play near her.

Hannah has starting sitting on her own. She is getting so big!

Zoe is pulling up and loves interacting with the other children.

Bennett is eating table food. He is doing great!

Noah has started sitting really well on his own. He loves to bounce in the excersaucer too!

Rhett has started eating table food and loves it!



Feeding Your 8- to 12-Month-Old

By 8 months old, most babies are pros at handling the iron-fortified infant cereals and the pureed foods that are part of their diet, along with breast milk or formula.

Over the next few months, they will start to explore table foods.

Changing Eating Habits

As you expand your baby's palate, continue to give new foods a trial run (a few days to a week) to look for any allergic reactions. But:

- Do not give honey until after a baby's first birthday. Honey may contain certain spores that, while harmless to adults, can cause [botulism](#) in babies.
- Do not give regular [cow's milk](#) until your baby is older than 12 months because it does not have the nutrition that infants need.

You can buy baby foods that offer new tastes and textures. You can fork-mash, cut up, blend or grind whatever foods the rest of the family eats. To prevent choking, cook table foods a little longer, until very soft, and cut them into small pieces that your baby can handle safely.

By the time babies are around 9 months old, they usually have the dexterity and coordination to take food between forefinger and thumb so that they can try feeding themselves with their fingers.

If you haven't already, have your baby join the rest of the family at meals. At this age, they enjoy being at the table.

By the first birthday, babies are ready to go from formula to cow's milk. If you're breastfeeding, you can continue beyond your baby's first birthday, if desired. If you decide to stop breastfeeding before your baby's first birthday, you will have to give iron-fortified formula. If your baby is over 12 months, you can offer whole milk.

You've probably already introduced your baby to a sippy cup, so let him or her keep working on it. (Juice should always be given in a cup, not a bottle.) After 12 months, you can serve whole milk in a cup, which will help with the [transition from the bottle](#).

Feeding Safety

Never leave your baby unattended while eating. Don't serve foods that your baby could choke on, such as whole grapes, raw vegetables, hard fruits, raisins, white bread, pieces of hard cheese, hot dogs, popcorn, and hard candies.

If you're unsure about whether a finger food is safe, ask yourself:

- Does it melt in the mouth? Some dry cereals will melt in the mouth, and so will light and flaky crackers.
- Is it cooked enough so that it mashes easily? Well-cooked vegetables and fruits will mash easily. So will canned fruits and vegetables. (Make sure to choose canned foods that don't have added sugar or salt.)

- Is it naturally soft? Cottage cheese, shredded cheese, and small pieces of tofu are soft.
- Can it be gummed? Pieces of ripe banana and well-cooked pasta can be gummed.

Making Meals Work

Keep your baby's personality in mind when feeding your baby. A child who likes a lot of stimulation may enjoy it when you "play airplane" with the spoon to get the food into his or her mouth.

A more sensitive tot, however, may need the focus kept on eating with minimal distractions. If your baby rejects new tastes and textures, serve new foods in small portions and mix them with food you know your child likes.

How Much Should My Baby Eat?

Infant formula and breast milk continue to provide important nutrients for growing infants, but babies will start to drink less as they approach the first birthday. They're getting more nutrients now from the variety of foods they've learned to eat and enjoy.

You may worry that you're feeding your baby too much or not enough. Pay attention to your child's cues of hunger and fullness. A child who is full may suck with less enthusiasm, stop, or turn away from the breast or the bottle. With solid foods, your baby may turn away, refuse to open his or her mouth, or spit the food out.

Let your baby finger feed or hold a spoon while you do the actual feeding. This is good preparation for the toddler years, when kids take charge of feeding themselves. And if you haven't already, set regular meal and snack times.

Reviewed by: [Mary L. Gavin, MD](#)

Date reviewed: January 2018

Mom's Day Out Program/One Year Old's

Classroom Phone: 314-704-5255

Happy New Year!!! We hope you all enjoyed the holidays and are ready for another year to begin. The MDO staff would like to say THANK YOU for all of the cards, treats and gifts you gave us before the break. We truly love working with you and your children, and look forward to another year filled with fun, learning and milestones.

The year will begin with lots of changes happening in our room. We will be saying "see you soon" to a couple of our friends that will be moving up to the Toddler class. Evan and Kushal will be transitioning this month. Each of them will be missed for their individual personalities, the joy they brought to the teachers and friendships they built. They are ready for the new challenges they will face as they continue to learn and grow. We will also be welcoming Aiden and Janie Mae into our class. Aiden is new to Countryside and Janie Mae is coming up from the infant room and has done several transition days with us. We are excited to have them join us and we hope you help us welcome them and their families to Mom's Day Out.

During Montessori time the children will be practicing pouring, three-peg stacking (that can be done by color or shape matching), stacking cups, matching pairs of plastic fish, zoo animal sorting, color sorting, and snowman nesting dolls (similar to Russian nesting dolls). Please let us know if you have any questions about work time photo entries you see on PreciouStatus. We would be happy to explain further the types of work your child is exploring.

With the super cold temperatures, we have been having, we have been stuck inside. To provide large motor movement, we utilize the indoor climber, tunnel and the puzzle mats. The children seem to enjoy when we set up a simple obstacle course for them to maneuver through. They get to climb, slide, crawl, jump, step and learn to do a summer sault. They also enjoy dancing, marching and playing with balls (rolling, throwing and kicking).

We will continue our winter related themes for the month of January. Our art projects will focus on polar bears, penguins, groundhogs and shadows. We will also talk about the color blue.



Storytime



Color Matching



Social Development and Language Development happen during work and play

Toddler Program

Classroom Phone: 314-704-3419

Happy January! We hope everyone has enjoyed the holidays with your families. We are half way through our school year and have watched the children grow and learn so much since August. They are becoming more and more independent. Please continue to have your children practice putting their shoes on and taking them off and to use forks and spoons during mealtimes while at home. Those two skills are the ones that we need to keep working on until all of our friends have mastered them. Thank you so much for your support with helping your child learn these skills.

We have new work on all the shelves for the month of January. Work is changed/rotated every month. This month we have Sensory work focused on shapes, matching, sequence and size. In Science, we are exploring winter scenes, hidden pictures and matching. Practical life has fine motor practice and sorting work. Language has letter tracing and puzzles, as well as picture matching and sequencing. Finally, our Math shelf features counting rings, numbered items and puzzles.

The children love exploring new work and it is fun to watch them try new things and learn new skills!

Thank you for your continued parent partnership and for the opportunity to teach your little ones!

Reminder: No School January 21st in observance of Martin Luther King Day

Five Little Snowmen

Five little snowmen on a winters day
The first one said "Wake up so we can play!"
The second one said "Let's stomp on the ground!"
The third one said "Let's roll all around!"
The fourth one said "Let's run and run and run!"
The fifth one said "I'm afraid I feel the sun!"
"Oh no!" said the snowmen as they looked up in the sky,
and the five little snowmen waved bye-bye!

A Sledding We Will Go

A sledding we will go,
a sledding we will go,
we'll hold on tight,
and sit just right
and down the hill we'll go!
Wheeeee!



Preschool/Kindergarten Program

Classroom Phone: 314-704-3401

Happy 2019! This year is flying by. We would like to remind everyone to make sure your child has a warm winter coat, gloves and a hat for outside play. We hope to go outside even if it is for 5 min to get some energy out. Also, we would like to remind parents there is no school January 21st for Martin Luther King Day.

As we continue our journey around the world our next stop is Antarctica. The children will be making igloos, penguins and learning about the animals and climate in Antarctica. You may notice new work throughout the classroom as we talk about many different things this month. In the Language Room we have new activities regarding land, air and water, and plant and animal. We have new Antarctica activities, showing the animals that live there to the clothing people must wear to be warm. We have more complex simple association cards which the children will match the object to the correct picture (ex. A baby matches up with a crib and a car matches up with a stop light). We have an occupation activity that shows different men and women working in a variety of different jobs. This helps show the children diversity in the community. We will introduce action words with a variety of games. We will be learning about transportation this month too! From cars to trains and activities that relate to transportation.

In the Practical Life Room, we have new material! The children will practice using small tweezers and get more practice with their chopsticks. The materials consist of smaller objects so the children will have to concentrate harder to complete it correctly. We will be working more with the dressing frames so the children can practice zipping and buttoning their own clothing. Most of the children can put on their jackets by themselves using the method “flip flop, over the top.” All the children have been practicing this at school and you can continue this at home so the children can become more independent. Another great tip; if your child is having a hard time putting their shoes on the right feet (which is a common occurrence for this age group) I suggest putting a sticker in the soles of the shoes up against the inner arch. This way the child can look into their shoe and put the stickers together so they go on the right feet. A teacher can show you what this looks like if you’d like a visual.

In Sensorial and Math, we will continue counting our numbers and introduce money (coins). The objects they count with will change to keep them interested as they practice their numbers. We will have out “what is cold and what is hot” activity out and I have added a new geometric solid to our mystery bag!

Song:

Winter Sports

Sledding down the hill, sledding down the hill
Hi-Ho away I go, sledding down the hill.
Skating cross the ice, skating cross the ice,
Hi-Ho away I go skating cross the ice.
Skiing down the hill, skiing down the hill,
Hi-Ho away I go skiing down the hill.

Growth is not merely a harmonious increase in size, but a transformation.

-Maria Montessori



Thank you to those that were able to attend the rescheduled Mother’s Night. Everyone seemed to have a great time!



Upcoming Events

THE CAT IN THE HAT at Florissant Civic Center Theatre

#1 James J. Eagan Dr.
Florissant, MO, 63033

01/19/2019 and 01/20/2019 at 2:00 PM For information and reservations please call **314-921-5678**

Everyone's favorite cat comes to mischievous life in this theatrical adaptation of the Dr. Seuss classic. From the moment his tall, red-and-white-striped hat appears around the door, Sally and her brother know that The Cat in the Hat is the funniest, most mischievous cat they have ever met. With the trickiest of tricks and the craziest of ideas, he is certainly fun to play with. And he turns a rainy afternoon into an amazing adventure. But what will Mum find when she comes home...? *Dr. Seuss's The Cat in the Hat* is a lively, engaging "play with sound effects" by Two Beans Productions. It was originally adapted by The National Theatre.

ADMISSION to the public performances listed above: \$8.00 to all

Hot! Hot! Hot! at The Butterfly House

15193 Olive Boulevard
Chesterfield, MO, 63017
Phone: 314-577-0888

01/26/2019 and 01/27/2019 from 10 am - 4 pm

Don't get "bogged down" this winter. Come to the Butterfly House for Hot! Hot! Hot! Wade through the Exhibit Hall to see marsh-friendly bugs, swamp-themed activities and more. Enjoy music, crafts and live animal encounters. Activities included with admission. Free for Missouri Botanical Garden Members and children ages 2 and under.

Scavenger Hunt: Where's Waldo?

Jefferson County Library Arnold Branch
1701 Missouri State Rd
Arnold, MO, 63010

01/26/2019 at 10:00 a.m. to 4:00 p.m.

Find Waldo and his friends hiding in the library. For all ages.

Family Winter Carnival

Soulard Park
7th Street & Lafayette, next to Soulard Market
1/26/2019 from 12-4 p.m.

This is a free, family-friendly event thrown in conjunction with some help from the community and St. Louis' first responders. There's something for everyone of all ages, with bounce houses, story time, fire trucks, police vehicles and lots of new furry friends to pet and feed. Local artists and musicians will provide interactive opportunities for the kids in attendance, and the whole family can pick out festive crowns, masquerade masks and face paint to get into the Mardi Gras spirit!

This is an alcohol-free event, and in order to maintain family-friendly vibe, alcohol of any kind will not be allowed in the tent.

Ways to Volunteer at Countryside

Mom's Day Out (One Year Old Room) Parents

- ~Making play dough
- ~Donating fresh cut flowers

Toddler Parents: Please see a staff member if you would like to volunteer for one of the following:

- ~Making play dough
- ~Donating fresh cut flowers for the tables in the classroom
- ~Story Time (8:40-8:50 a.m.)
- ~Sharing a special talent

Preschool/Kindergarten Parents: Sign-up sheets are located in the classroom

- ~Making play dough
- ~Donating fresh cut flowers
- ~Wednesday morning story time (8:30 a.m.)
- ~Sharing information about your Culture/Country

Newsletter: Send information to JM Hanser@aol.com (deadline for submission is the 25th of each month)

- ~monthly community events
- ~child friendly recipes
- ~any idea or information you think other families might enjoy

Please don't forget to send a hat and mittens each day!!!

Thank You!
The Countryside Staff



Here are some indoor activities for the cold winter days when you are stuck indoors:

Create a sensory bin using rice, dry pasta or beans (even sand if you don't mind if things get a bit messy). Give your child scoops, spoons, funnels and bowls to play with. Place a tablecloth on the floor for less mess.

Build a fort-use sheets and clothes pins to create a fun place to play, read or just hangout. Turn out the lights and use flashlights to make finger puppets, have a campout or tea party.

Shaving cream art-on the table or in the bathtub! Add food coloring for some added fun!

Dress up in mom and dad's clothes!

Make cookies together-let your child add the ingredients and even use the mixer!

Dance party! Turn on some music and dance with your child!

Scavenger hunt-create a scavenger hunt that ends with a special snack or special activity!

Have a photo shoot-use the dress up clothes or just take some silly photos. Later create a fun photo book for your child.

Letter search- Here are a few variations:

- For the younger child-take a piece of paper and cut it into 6 pieces, place the first letter of your child's name on each piece. Place them around the room and rebuild the piece of paper to show they found all the pieces.

- For the older child-Cut a piece of paper into multiple sections, write a different letter of your child's name on each piece. Have them find all of the pieces and then build their name.

- Look for letters around the house-how many A's can they find? Look for letters on appliances, electronics, books, etc.

Play hide and seek

Make playdough-you can find multiple recipes and variations online.

Create a rhythm band using pots, pans, bowls and wooden or nylon spoons.

Crumple up paper, catalog pages, or newspaper (if you actually have a newspaper in your house)

- Have a paper snowball fight

- create a toss game by using a bucket or trash can

- target practice

- paper ball race-blow the paper ball from one end of the table to the other.

Create a fun snack:

- fruit kabobs

- trail mix with cereals, marshmallows, chocolate chips, raisins or anything from your pantry

- graham crackers, frosting and sprinkles

- S'mores by using graham crackers, chocolate frosting and marshmallow crème fluff or place marshmallows in the microwave for a few seconds-watch how they expand then place on a graham cracker and add chocolate chips or a chocolate bar

- spread soy butter/peanut butter on bread and decorate with raisins, pretzel sticks, cheerios

- little pizzas-spread sauce on an english muffin, bagel, toast, flour tortilla or flatten a biscuit, add cheese and toppings.